

## Getting Ready for your Upper Endoscopy Procedure (EGD) “EGD Standard Prep”

Date:	Location: <input type="checkbox"/> 161 Marginal Way, Portland, ME <input type="checkbox"/> 22 Bramhall St, Portland, ME
Arrival Time:	Procedure Time:

**Please read through the instructions at least one week before your procedure.**

### **BE PREPARED!**

If you have any questions, please call **207-773-7964**.

*A responsible adult will need to drive you home. Taxis, Ubers, buses, medical ride services, or walking are not options unless a responsible adult accompanies you. You will not be able to drive for the rest of the day.*

**Plan on being at our facility for about 1 ½ hours from arrival to departure**  
(this may vary depending on the day/procedure/location – ex. approx. 2.5 hrs for MMC)

For **appointments with a scheduled arrival time of 4:00 pm or later**, have your ride plan to be at the facility **no later than 5:30 pm**.

**If you are unable to keep your appointment, please call at least 3 business days prior to your procedure to reschedule.** We reserve the right to charge a penalty fee for patients who “no show” or cancel without adequate notice.

### **NOTHING BY MOUTH 3 HOURS BEFORE YOUR PROCEDURE**

## Medication Instructions

- Aside from the medications below, we recommend you take all home medications as usual with a small amount of water, at least 3 hours before your arrival time.
- If you take blood thinners (Plavix<sup>®</sup>, warfarin, Eliquis<sup>®</sup>, Xarelto<sup>®</sup>, etc.) and haven't been given directions to stop them by our office or your prescribing physician's office, please call us to clarify. It is ok to continue your Aspirin.
- Take ½ your morning insulin dose. Bring the other ½ with you.

**Stop the following medications until after your procedure as directed below:**

7 days before	Iron supplements, Fiber supplements (e.g. Citrucel <sup>®</sup> , Metamucil <sup>®</sup> )  Adipex-P <sup>®</sup> /Lomaira <sup>®</sup> (Phentermine), Qsymia <sup>®</sup> (Phentermine/Topiramate)
Day of procedure	Morning dose of oral diabetic medication (Bring it with you)

- If you take a GLP-1 agonist such as: Adlyxin<sup>®</sup> (Lixisenatide), BCise<sup>®</sup>(Exenatide ER), Bydureon<sup>®</sup>, Byetta<sup>®</sup> (Exenatide IR), Trulicity<sup>®</sup>(Dulaglutide), Ozempic<sup>®</sup>/Wegovy<sup>®</sup>(Semaglutide), Mounjaro<sup>®</sup>/Zepbound<sup>®</sup> (Tirzepatide), Rybelsus<sup>®</sup> (Semaglutide), or Saxenda<sup>®</sup>/Victoza<sup>®</sup> (Liraglutide), contact the office for additional prep instructions.

**Do you have questions? Please call the office at 207-773-7964.**

**Office is open 8:30 am – 4:30 pm Monday - Friday**

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## Day of Your Procedure

### 8 Hours Prior to Your Procedure

- Stop** eating solid food until after your procedure
- Continue** drinking clear liquids\* until 3 hours prior to your procedure.

### 3 Hours Prior to Your Procedure

- Nothing by mouth until after your procedure

#### \*Examples of Clear Liquids

- Popsicles
- Soft Drinks
- Strained fruit juice (apple or white grape)
- Coffee and tea without dairy products/creamer
- Coconut water (not coconut milk)
- Jell-O®
- Gatorade®
- Kool-Aid®
- Water

**Your prep is one of the most important parts of your procedure! Not following these steps may require rescheduling.**

#### What are the risks of an endoscopy?

Endoscopy is a standard medical procedure. Although rare, all procedures have some risks.

1. The instrument may tear the wall of the throat, stomach, or upper intestine, and may require surgery.
2. There may be adverse drug reactions or heart/breathing complications.
3. Bleeding (Bleeding may occur, usually when tissue or polyps are removed).
4. There may be discomfort during and after the procedure.

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